

Brush Lunch May 2026

Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Sesame
1% Unflavored White Milk	carton	103	12 g	8 g	3 g	2 g	13 mg	123 mg	0 g	11 g	150	n/a	300 mg	0 mg					X					
All Amerian Hamburger on WG Bun	1 each	270	30 g	18 g	10 g	4 g	25 mg	520 mg	3 g	3 g	0	0	69 mg	3 mg	X		X							
Apple	each	72	19 g	0 g	0 g	0 g	0 mg	1 mg	3 g	14 g	4	6	8 mg	0 mg										
Applesauce	1/2 cup	51	12 g	0 g	0 g	0 g	0 mg	10 mg	1 g	11 g	0	0	0 mg	0 mg										
Asian Crispy Chicken & Rice	1 serving	401	48 g	18 g	15 g	3 g	21 mg	580 mg	6 g	n/a	3265	39	55 mg	27 mg	X		X							
Baby Carrots	1/2 cup	25	6 g	0 g	0 g	0 g	0 mg	55 mg	2 g	n/a	9695	2	23 mg	1 mg										
Bacon Cheeseburger on a Bun	each	403	25 g	24 g	23 g	10 g	48 mg	937 mg	2 g	0 g	134	0	288 mg	5 mg	X		X							X
Baked Beans, Vegetarian	1/2 cup	115	23 g	6 g	1 g	0 g	0 mg	424 mg	4 g	9 g	0	0	0 mg	0 mg										
Banana	each	105	27 g	1 g	0 g	0 g	0 mg	1 mg	3 g	14 g	4	10	6 mg	0 mg										
BBQ Chicken Pizza	slice	467	50 g	23 g	15 g	9 g	37 mg	832 mg	4 g	13 g	125	0	250 mg	0 mg	X	X	X		X					
BBQ Chicken Sandwich	1 sandwich	310	36 g	19 g	10 g	3 g	63 mg	462 mg	1 g	n/a	36	4	107 mg	3 mg	X		X							
Beef Taco Salad	each	431	39 g	16 g	24 g	8 g	45 mg	648 mg	5 g	n/a	508	13	211 mg	2 mg	X	X	X		X					
Beefy Nachos w/Cheese Sauce	serving	431	33 g	15 g	25 g	7 g	42 mg	545 mg	3 g	4 g	101	2	66 mg	2 mg			X		X					
Black Beans	1/2 cup	155	26 g	9 g	2 g	0 g	0 mg	286 mg	9 g	3 g	0	0	56 mg	2 mg										
Black Beans & Rice	1/2 cup	142	27 g	6 g	1 g	0 g	0 mg	459 mg	3 g	0 g	133	8	2 mg	0 mg			X							
Breaded Chicken Sandwich	sandwich	320	44 g	19 g	8 g	2 g	25 mg	820 mg	2 g	6 g	n/a	n/a	170 mg	4 mg	X		X		X					X
Broccoli Florets	1/2 cup	24	5 g	2 g	0 g	0 g	0 mg	24 mg	2 g	n/a	0	107	32 mg	1 mg										
Buffalo Chicken Salad	1 salad	529	38 g	24 g	30 g	7 g	49 mg	1094 mg	6 g	3 g	652	11	211 mg	3 mg	X		X		X					
BYO Macaroni & Cheese Bar	6oz	283	31 g	15 g	11 g	7 g	37 mg	648 mg	2 g	n/a	493	1	371 mg	0 mg	X	X			X					
California Blend Vegetable	1/2 cup	37	6 g	1 g	0 g	0 g	0 mg	37 mg	3 g	n/a	938	26	25 mg	0 mg										
Carrots	1/2cup	40	10 g	0 g	0 g	0 g	0 mg	140 mg	2 g	4 g	n/a	n/a	n/a	n/a										
Cauliflower Floret	1/2 cup	12	2 g	1 g	0 g	0 g	0 mg	15 mg	1 g	n/a	0	29	10 mg	0 mg										
Celery Sticks	1/2 cup	9	2 g	0 g	0 g	0 g	0 mg	52 mg	1 g	n/a	290	2	26 mg	0 mg										
Celery Sticks	1/4 cup	5	1 g	0 g	0 g	0 g	0 mg	26 mg	1 g	n/a	145	1	13 mg	0 mg										
Cheese Pizza	1 slice	360	35 g	21 g	16 g	7 g	35 mg	490 mg	3 g	n/a	93	0	441 mg	2 mg	X		X		X					
Cheeseburger on WG Bun	1 each	320	31 g	21 g	15 g	6 g	38 mg	745 mg	3 g	4 g	0	0	119 mg	3 mg	X		X		X					
Cherry Tomato	1/2 cup	23	5 g	0 g	0 g	0 g	0 mg	0 mg	n/a	5 g	0	0	14 mg	0 mg										
Chicken Bacon Ranch Melt	1/2 sandwich	442	28 g	26 g	25 g	9 g	75 mg	832 mg	3 g	n/a	212	0	233 mg	1 mg	X	X	X		X					
Chicken Caesar Salad	each	341	9	18	23	5	58	725	2	1	287	6	195	1.3	X	X	X		X	X				
Chicken Fried Rice	1 cup	146	22 g	9 g	2 g	1 g	39 mg	211 mg	1 g	1 g	693	1	11 mg	1 mg	X	X	X							
Chicken Nachos & Canned Cheese Sauce	serving	387	34 g	17 g	18 g	4 g	44 mg	608 mg	3 g	n/a	100	2	66 mg	1 mg			X		X					
Chicken Potstickers	6 each	178	23 g	13 g	5 g	0 g	26 mg	407 mg	1 g	2 g	0	0	10 mg	2 mg	X		X							
Chicken Taco Salad	each	397	39 g	20 g	19 g	5 g	50 mg	665 mg	5 g	n/a	508	13	211 mg	1 mg	X	X	X		X					
Chicken Tacos	2 each	286	26 g	19 g	12 g	6 g	49 mg	679 mg	5 g	3 g	0	0	81 mg	0 mg	X				X					
Choice of Milk	carton	103	12 g	8 g	3 g	2 g	13 mg	123 mg	0 g	11 g	150	n/a	300 mg	0 mg					X					
Choice of milk	carton	133	21 g	7 g	3 g	2 g	10 mg	197 mg	0 g	19 g	153	n/a	293 mg	0 mg					X					
Cilantro Lime Rice	1/2 cup	123	26 g	3 g	1 g	0 g	0 mg	96 mg	1 g	n/a	111	3	3 mg	26 mg										
Cilantro Lime Rice	1/2 cup	155	47 g	3 g	1 g	0 g	0 mg	122 mg	1 g	0 g	0	32	20 mg	1 mg										
Cilantro Lime Rice	1/4 cup	78	24 g	2 g	0 g	0 g	0 mg	61 mg	0 g	0 g	0	16	10 mg	1 mg										
Corn	1/2c	80	17 g	2 g	2 g	0 g	0 mg	15 mg	2 g	7 g	n/a	n/a	n/a	n/a										
Corn	1/4c	40	9 g	1 g	1 g	0 g	0 mg	8 mg	1 g	4 g	n/a	n/a	n/a	n/a										
Corn & Black Bean Salsa	1/4 cup	50	9 g	2 g	1 g	0 g	0 mg	172 mg	1 g	n/a	231	9	6 mg	0 mg										
Corn Dog	each	240	30 g	9 g	9 g	3 g	40 mg	470 mg	2 g	8 g	0	0	60 mg	2 mg	X	X	X							
Craving Chicken Salad	1 salad	531	57 g	28 g	22 g	2 g	53 mg	514 mg	10 g	n/a	3	14	318 mg	5 mg	X		X							
Creamy Coleslaw	1/2 cup	69	4 g	0 g	6 g	1 g	6 mg	107 mg	1 g	1 g	1027	11	19 mg	0 mg		X								
Crispy Chicken Nuggets	5 nuggets	240	16 g	14 g	14 g	3 g	25 mg	340 mg	3 g	1 g	135	1	2 mg	10 mg	X		X							
Crispy Chicken Sandwich WG Bun	1 each	340	41 g	21 g	11 g	2 g	35 mg	650 mg	4 g	4 g	100	1	69 mg	3 mg	X		X							
Crispy Chicken Tenders	3 each	260	16 g	15 g	15 g	3 g	25 mg	390 mg	3 g	n/a	384	3	20 mg	3 mg	X		X							
Diced Peaches	1/2 cup	50	12 g	1 g	0 g	0 g	0 mg	5 mg	1 g	10 g	300	1	0 mg	0 mg										
Diced Pears	1/2 cup	72	19 g	0 g	0 g	0 g	0 mg	6 mg	2 g	0 g	0	1	6 mg	0 mg										
Dinner Roll	1 each	80	14 g	4 g	1 g	0 g	0 mg	100 mg	2 g	2	o	0	10 mg	0.6 mg	X	X	X		X					
French Fries	1/2 cup	110	17 g	2 g	4 g	1 g	0 mg	236 mg	2 g	1 g	0	4	0 mg	1 mg										
Fresh Grapes	1/2 cup	68	15 g	1 g	0 g	0 g	0 mg	2 mg	1 g	13 g	55	3	8 mg	0 mg										
Fresh Mixed Fruit	1/2 cup	139	34 g	3 g	1 g	0 g	0 mg	4 mg	8 g	n/a	70	201	57 mg	2 mg										
Fresh Mixed Fruit	1/2 cup	40	10 g	1 g	0 g	0 g	0 mg	19 mg	1 g	n/a	1946	31	9 mg	0 mg										
Fresh Orange Quarters	1 cup	85	21 g	2 g	0 g	0 g	0 mg	0 mg	4 g	17 g	405	96	72 mg	0 mg										
Greek Oven Roasted Potatoes	1/2 cup	99	16 g	2 g	4 g	0 g	0 mg	151 mg	1 g	n/a	0	5	10 mg	1 mg			X							
Hard Shell Beef Tacos	3 tacos, .5c rice	443	60 g	19 g	19 g	7 g	38 mg	675 mg	4 g	n/a	595	5	100 mg	6 mg			X		X					
Hard Shell Beef Tacos with Spanish Rice	3 tacos, .5c rice	501	60 g	20 g	25 g	9 g	55 mg	489 mg	4 g	n/a	573	5	112 mg	6 mg			X		X					

